

Mayor's Office for Senior Citizens

810 - 3rd Avenue, Suite 350
(The Central Building)
Seattle, WA 98104

Monday–Friday
8:00 a.m.–5:00 p.m.

TEL (206) 684-0500
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seniors@seattle.gov

www.seattle.gov/seniors

The Mayor's Office for Senior Citizens, administered by the Seattle Human Services Department, complies with all applicable federal, state, and local laws prohibiting discrimination.

Accommodations for persons with disabilities will be provided upon request.



City of Seattle
Mike McGinn, Mayor

Human Services Department
Aging & Disability Services
Mayor's Office for Senior Citizens

Mayor's Office for Senior Citizens

Supporting healthy aging,
independent living, and
social and civic engagement



City of Seattle
Human Services Department
Mike McGinn, Mayor



The Mayor's Office for Senior Citizens supports healthy aging, independent living, and social and civic engagement by administering utility assistance, employment and volunteer programs, and linking elders and their families to a diverse array of community resources.

Senior Information and Assistance

The Mayor's Office for Senior Citizens provides a one-stop telephone and walk-in information service for seniors in Seattle and King County and for their family members. We can direct you to appropriate agencies for housing, health care, transportation, nutrition, senior rights, long-term care, chore services, activities, and case management services. To speak with a senior advocate, call **(206) 684-0500**.

Age 55+ Employment Resource Center

The Age 55+ Employment Resource Center helps older workers find jobs. The Center also finds training for older job seekers who need to upgrade their job skills.

Businesses throughout Seattle and King County can recruit experienced, skilled, dedicated, reliable, punctual, and willing to learn employees through the Employment Resource Center. Services are free to both the job seeker and employer. For information, call **(206) 684-0500**.

Seniors Training Seniors (Computer Classes)

Seniors Training Seniors offers computer training for adults age 50 and better, taught by computer-savvy older volunteers. Peer trainers share their expertise and enthusiasm at a comfortable pace, with a small class size. Learn everything from beginning word processing and Internet skills, to e-mail and e-mail attachments, to advanced photo editing.

Computer-savvy persons age 50+ are encouraged to apply for volunteer instructor

positions. Youth and younger adults are welcome to apply to serve as volunteer assistants. For more information about computer classes or to apply for instructor or assistant positions, call **(206) 684-0639**.

Utility Rate Discounts



Income eligible families, seniors (age 65+), and adults with disabilities may receive a 50% discount on their Seattle City Light (electricity) and Seattle Public

Utilities (water, sewer and garbage) bills. For more information, call **(206) 684-0268**.

Emergency payment assistance and consultation for eligible residential utility customers facing disconnection is also available.

Gold Card and FLASH Card

The Gold Card for Healthy Aging provides seniors 60 years and older with access to services and discounts offered by businesses and organizations. The FLASH Card provides the same services and discounts to adults with disabilities. Eligibility requirements match those for a Metro reduced fare permit for disabled persons. To apply, call **(206) 684-0500**.

PeoplePoint: Bridge to Benefits

For income-eligible families, in addition to providing utility discounts and emergency assistance, the Mayor's Office for Senior Citizens provides easy access to benefits for child care, health care, food assistance and Earned Income Tax Credit. For more information, call **(206) 684-0355** or e-mail peoplepoint@seattle.gov.